



## KNEE ARTHROSCOPY DISCHARGE INSTRUCTIONS

### **Pain control:**

Vicodin ES has been prescribed. Take one pill every three hours as needed. Generally pain is mild following arthroscopy.

Don't stay in bed. Get up to a chair, walk with you cane. The more you are up and around the better. If you wish to shower before the dressings come off before the dressing is removed, simply place a garbage bag around your thigh and apply tape or rubber bands to hold it in place. Shower quickly.

Take one baby ASA daily for the first 10 days.

Keep your dressing on for 48 hours. Then remove your stocking and dressing and apply water proof Band-Aids which can be purchased at any pharmacy, over the small knee incisions. After that you can shower.

We will call you at home the day after your surgery to see how you are doing and to answer any questions you might have. At that time we will as to set up your follow-up visit if not previously scheduled.

### **Office Visit**

The first post operative visit will be scheduled in the office the following week. At that time, your sutures will be removed, exercises reviewed Return to work, disability papers and school notes will be completed if necessary. Please fill out all the personal information on your disability forms so that we can complete our section. Physical therapy will be prescribed for those who need a formal program.

Please call the office if you have any questions or concerns. Drainage on the dressings is expected. If you have a temperature greater that 100.5 or difficulty voiding or shortness of breath, please let us know immediately.

Thank you